

Wasatch County Senior Center: 435-654-4920 Meal on Wheels (MOW) & Congregant Meals (CM)

March *pinch proof!* 2021

Please Reserve or Cancel Your Meal By 4:00 The Day Before. **CM: Lunch Served 11:30-12:15**

Monday	Tuesday	Wednesday	Thursday	Friday
1 MOW: CHICKEN MALIBU , Potatoes & Gravy, Peas, Peaches & Roll	2 MOW: BBQ RIBLET , Mac & Cheese, Pork-N-Beans, Applesauce, Cookie & Roll CM: TURKEY WRAP , Potato Salad, Peaches & Chips	3 MOW: BEEF-N-RICE MEDLEY , Green Beans, Cottage Cheese, Pears & Roll	4 MOW: TACO BAKE , Tator Tots, Corn, Mixed Fruit, Salsa Chips CM: SHEPHERD'S PIE , Green Beans, Fruit Cocktail & Roll	5 MOW: FISH , Red Potatoes, Carrots, Tartar Sauce, Tropical Fruit & Roll
8 MOW: CHICKEN FRIED STEAK , Potatoes & Gravy, Broccoli W/ Cheese, Mixed Fruit & Roll	9 MOW: CHICKEN DRUMMETS , Potatoes & Gravy, Peas, Tapioca Pudding, Peaches & Roll CM: CHICKEN MALIBU SANDWICH , Fries, Salad W/ Ranch, Mandarin Oranges & Bun	10 MOW: MACARONI & BEEF , Mixed Vegetables, Salad W/Ranch, Mandarin Oranges & Roll	11 MOW: CREAM OF POTATO SOUP , Corn, Chicken Nuggets, Pears & Biscuit CM: STUFFED CABBAGE , Potatoes & Gravy, Broccoli W/ Cheese, Applesauce & Roll	12 MOW: PORK CHOP , Potatoes & Gravy, Carrots, Applesauce & Roll  Spring forward Don't forget to set clocks ahead one hour at 2 a.m. Sunday.
15 MOW: STUFFED GREEN PEPPERS , Potatoes & Gravy, Mixed Vegetables, Applesauce, Cookie & Roll	16 MOW: LASAGNA , Corn, Cottage Cheese, Pears & Garlic Toast CM: HAM , Potatoes, Carrots, Cabbage, Jell-O, Pineapple & Roll	17 MOW: HAM , Potatoes, Carrots, Cabbage, Jell-O, Pineapple Chunks & Roll  Good Luck	18 MOW: BEEF STROGANOFF OVER NOODLES , Green Beans, Peaches, Tapioca Pudding & Roll CM: HICKORY CHICKEN , Mac & Cheese, Corn, Mixed Fruit & Roll	19 MOW: TURKEY SANDWICH , Potato Salad, Peaches & Chips
22 MOW: CHICKEN CORDON BLEU , Potatoes & Gravy, Peas, Mixed Fruit & Roll	23 MOW: GROUND ROUND , Potatoes & Gravy, Green Beans, Peaches & Roll CM: CHICKEN ENCHILADA W/ TRIMMINGS , Cantaloupe, Chips & Salsa	24 MOW: TUNA CASSEROLE , Peas & Carrots, Pears, Cookie & Roll	25 MOW: PICANTE CHICKEN , Red Potatoes, Broccoli W/Cheese, Pineapple Chunks & Roll CM: CREAM OF POTATO SOUP , Corn, Chicken Nuggets, Pears & Biscuit	26 MOW: ROAST BEEF , Potatoes & Gravy, Carrots, Apple Pie & Roll
29 MOW: SALISBURY STEAK , Potatoes, Green Beans, Peaches & Roll	30 MOW: CHICKEN CHOW MEIN OVER NOODLES , Stir Fry Vegetables, Rice, Orange Wedge & Roll CM: FISH , Red Potatoes, Carrots, Tropical Fruit & Roll	31 MOW: TURKEY DINNER , Potatoes & Gravy, Carrots, Fruit Cocktail & Roll		

SUGGESTED MEAL DONATIONS The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00